

Cookbook for North Liberty Elem

Created by HPS Menu Planner

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Fresh Veggies

NO IMAGE

Servings:	0.000	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-23056

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TOMATO GRAPE SWT	0 Cup	Red/Orange Vegetable	129631
CUCUMBER SELECT	0 Cup	Other Vegetable	592323
BROCCOLI FLORET BITE SIZE	0 Cup	Dark Green Vegetable	732451
CAULIFLOWER BITE SIZE	0 Cup	Other Vegetable	732486
CARROT BABY WHL CLEANED	0 Cup	Red/Orange Vegetable	510637
PEPPERS GREEN STRP 3/4IN	0 Cup	Other Vegetable	849995
RADISH CLEANED	0 Cup	Other Vegetable	233986
CELERY STIX	0 Cup	Other Vegetable	781592
ZUCCHINI MED	0 Cup	Other Vegetable	198927
PEPPERS RED DOMESTIC	0 Cup	Red/Orange Vegetable	560715

Preparation Instructions

Note: Serve two different kinds of vegetables at 1/2 cup servings. Make sure that at least one choice is a red/orange vegetable.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.050
RedVeg	0.283
OtherVeg	1.171
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	32.09
Fat	0.09g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	49.40mg
Carbohydrates	6.98g
Fiber	2.54g
Sugar	3.55g
Protein	0.82g
Vitamin A 9235.73IU	Vitamin C 29.33mg
Calcium 31.09mg	Iron 0.38mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sandwich

NO IMAGE

Servings:	688.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22937

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD	4128 Slice		556121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	688 Slice	Use GFS#150260 if commodity not available	100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	688 Each		266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 688.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	290.00		
Fat	9.50g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	67.50mg		
Sodium	860.00mg		
Carbohydrates	26.00g		
Fiber	3.00g		
Sugar	4.50g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	2.72mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available